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Event May 19 for Kids 10 to 14 With a Sibling Who Has a Disability

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Date : May 7, 2021

Kids from 10-to-14 years old who are brothers and sisters of someone who has a disability are invited to attend an online "Sibshops" workshop from 5 to 6:30 Wednesday, May 19.

Sibshops are high-spirited and fun workshops combining recreation, discussion and information. Note that registration fills up fast, according to the organizer.

— *an announcement from* [Abilis](#)

The event is organized by Greenwich-based Abilis, which serves those with disabilities in Darien and other towns, primarily in southwest Fairfield County. It will take place on Zoom.

Sibshops provides a safe space for siblings to share their thoughts and feelings while also meeting others in similar circumstances and provides a place to enjoy themselves through different recreation activities and through playing games while also learning about the services their brother(s) or sister(s) receive.

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The Sibshops event on Wednesday, May 19, runs from 5 to 6:30 p.m., and is virtual. To register visit [this Web page](#) on the Abilis website. For questions contact Maddy Schulte at schulte@abilis.us.

Sibshops is an international program created by the Sibling Support Project. The Sibshop curriculum is used throughout the United States and Canada and in Japan, New Zealand, Argentina, Iceland, Ireland, England, Italy and Turkey.

The Abilis Sibshops program is limited to a group size of 10-to-12 siblings and will be run as a workshop, co-facilitated by Maddy Schulte and Mary Kate (MK) Blum. Maddy is a case manager, healthy relationships and self-advocacy instructor at Abilis.

She is graduating last year from Fordham University with her master's degree in social work and started at Abilis as an intern in 2019, where she fell in love with the work they do. She received her Sibshop facilitator certification in July 2020 and loves bringing Sibshops to Abilis!

Mary Kate, otherwise known as MK, is 16-years-old and attends Greenwich Academy. She is passionate about musical theater and the GA Varsity Dance Team. Outside of school, MK is a Girl Scout senior and a volunteer at Abilis where she serves as the secretary on the Abilis Youth Board.

MK is also close with her family, especially her sister Brinkley, who along with many talents and unique qualities, is challenged with Autism Spectrum Disorder or ASD. MK also loves being part of Sibshops at Abilis, where she can help siblings have fun, relax, learn and connect with other peers who just get it.

Registration is limited and spaces will fill up fast, so it is recommended to [register online, here](#) (click on the corresponding date to go to the Sibshops registration page).

About Abilis

Abilis is celebrating its 70th year in 2021 of being a 501(c)3 non-profit organization that supports more than 800 individuals with special needs and their families from birth throughout their lives.

Abilis serves the special needs community in in towns including Darien, Greenwich, New Canaan, Norwalk, Ridgefield, Stamford, Westport, Weston and Wilton, and provides individualized, high quality care.

For more information, visit the organization's [website](#), or on [Facebook](#), on [Twitter](#) or [Instagram](#).